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Celeb Pg 22

Lohan fishing for Phelps date?

Canada likely to go to polls October 14

OTTAWA Prime Minister Stephen Harper will, as expected this week, ask for a dissolution of Parliament and call an election for Oct. 14, the Canadian Press quoted senior government sources saying late yesterday.

Harper

Hours earlier, Harper failed to persuade the country's main opposition leader to keep his minority Conservative government alive.

Harper aides have already pointed to Oct. 14 as a likely date for what would be Canada's third election in four years.

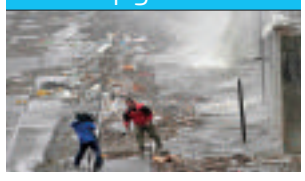
REUTERS

MORE COVERAGE, PAGE 6

Learning pg 13

Making a smooth transition

World pg 8



Gustav loses steam

Entertainment pg 19

Sci-fi director trashes flick

ShareYourViews
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CFL **Stampeders wiped out in Classic**

TODD KOROL/REUTERS

Calgary Stampeders quarterback Henry Burris slides on the field for a first down before he was injured in the first half of his CFL football game against the Edmonton Eskimos in Calgary yesterday. The Stamps lost 37-16. More coverage, page 12

10 per cent tax hike?

Alderman says boost will help rising service demand

NEIL MACKINNON
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A 10 per cent property tax increase next year should help ease the growing pains of Calgary's emergency services, according to one city alderman.

Ald. Joe Ceci said fire department woes, outlined in their 2007 annual report which will be hashed over by the city's community and protective services committee Wednesday, are part and parcel of the struggles being faced by all of the city's emergency services.

Catching up with Calgary's growth means more money for fire stations and aging fleet upgrades, Ceci said and a 10 per cent spike in property taxes should help bring things back up to steam across the board.

"We're going to do everything we can to make sure all of their needs are taken care of," said Ceci.

> **"We're going to do everything we can to make sure all of their needs are taken care of."**
> Joe Ceci, alderman

Canadian Taxpayers Federations' Scott Hennig said the city is using emergency services as an economic scapegoat for overspending in other areas, like public art and four per cent should be the limit.

"At the end of the day, a 10 per cent hike will drive seniors on to the streets in hoards and leave the average Calgarian making far less than they did the year before," Hennig said.

A 10 per cent tax boost would result in a median increase of $108.08, up to an average of $1,188.84.

Students face long trek to school

KRISTA SYLVESTER
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Transferring from junior high to high school is hard enough, but many students in southeast Calgary have another problem, as the first day of school begins.

Many Catholic school students in the communities of Mackenzie Towne and Copperfield are faced with travelling at least an hour by city transit including the bus and train, to get to Bishop Grandin off of Macleod Trail and Heritage Drive.

At least one mother of a 14-year-old daughter is worried about the long commute to and from school each day.

"It's just so far from home, especially because last year the school was basically in the backyard. I worry about her at the LRT stations," Kathleen Anderson told Metro.

But left with little other choice, it's something the single mother will have to worry about everyday until there is a high school in the neighbourhood her daughter can attend.

And there are similar problems with the public school system, according to Calgary Board of Education spokesperson Ted Flitton.

Flitton said if there were more community schools it would help alleviate about two-thirds of the students bussing to school.

"The city has a footprint of New York City. It keeps expanding, but we need the government to commit to a long term plan," he added.

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Police seek info on body found near tracks
Police are asking for anyone with information about a man found dead next to the tracks near 10th Street and 10th Ave. SW Sunday morning to call police. An autopsy will be conducted on the victim. METRO CALGARY

Local

Device to be unveiled Friday

The Glenbow Museum will host the big Reveal on Friday at 10 a.m. in Calgary of the internationally acclaimed and controversial sculpture Device to Root Out Evil, by Dennis Oppenheim. METRO CALGARY

Protesters rally against likely vote

ELECTION Do the job we sent you to Ottawa to do, that was the message sent to parliamentarians by about a dozen Citizens for Canada protestors yesterday refuting the need for a fall federal election.

"Canada was built on co-operation from sea to sea to sea," said protest organizer Grant Neufeld, calling for compromise between all parties. "We should have a government that reflects those values rather than being rooted in oppositional politics as they are now where it has to be my way or the highway."

Hopes weren't high for their message to find support in the nation's capital, Neufeld said, but they weren't about to let the government be taken down without at least voicing their opinions.

NEIL MACKINNON/METRO CALGARY

Mother of a tattoo fest

LA Ink celeb calls event her 'favourite tattoo show yet'

KRISTA SYLVESTER
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While his mom normally isn't impressed with all of his tattoos, 24-year-old Josh Hart made an effort to win her over yesterday with an artistic helping hand from LA Ink.

Hart decided the day before to have a portrait of his mother tattooed to his leg courtesy of popular reality television show artist Kim Saigh, who was in the city for the 2008 Calgary Tattoo and Arts festival this weekend.

"My mom isn't a big fan of tattoos but I thought she might be after this one."
Josh Hart, 24

"My mom isn't a big fan of tattoos but I thought she might be after this one. She doesn't know yet though, it's a surprise," he said.

Hart drove from Fort McMurray for the fifth annual show and was excited to be tattooed by Saigh, who said it was her "favourite tattoo show yet."

"I'm not just saying that. It's been really awesome and I have been really busy, which is great. Everyone seems to love it," she added.

Promoter and Calgary tattoo artist Steve Peace said there were over 18,000 visitors to this year's show, which is growing more each year.

"Calgary is such a great and welcoming city for this industry. And it's people from all walks of life too," he said.

KRISTA SYLVESTER/METRO CALGARY

Josh Hart gets inked by TV show LA Ink's popular tattoo artist Kim Saigh at the 2008 Calgary Tattoo and Arts Festival Monday at the Roundup Centre.

ShareYourViews
calgaryletters@metronews.ca

Man arrested after NW blaze

FIRE One man was arrested yesterday in connection with a fire on the 1000 block of 17 Ave NW.

Two people, two dogs and two cats escaped the two-alarm fire unscathed around 3 a.m. Sunday.

Richard LaCasse is charged with arson, disregard for human life and break and enter in relation to the fire.

One of the house's occupants allegedly saw LaCasse lighting the fire before fleeing the scene. Damage estimates in the blaze are $75,000. METRO CALGARY

metronews.ca
What's online today.

Read Allan Small's Investment Perspective on why bonds are a safe and opportunistic investment when the markets are down
Check Highlights and pictures from Seattle's annual Bumbershoot music and arts festival
Play online Crosswords!

Lotteries
Friday, Aug. 29
Lotto Super 7 1, 3, 16, 18, 22, 28 & 43 Bonus 8
Saturday, Aug. 30
Lotto 6/49 9, 13, 15, 19, 23 & 29 Bonus 14
These results are not official.

Death linked to listeriosis outbreak

An northern Alberta woman's death has been linked to the listeriosis outbreak in Maple Leaf meat products, according to the province's acting chief medical officer of health. Another person in the Aspen health region is also ill with the food-borne sickness. **METRO CALGARY**

NEIL MACKINNON/METRO CALGARY

Michele Wheeler, left, and husband Stuart cheer for opposing teams, but don't let it get their love for each other down.

Rivalry no match for vows

NEIL MACKINNON
neil.mackinnon@metronews.ca

FANS Marriages are a work in progress at the best of times and when you're hitched to an Eskimos fan, it could make for some trying times.

Surprisingly, there are few scraps over interior design colour schemes over at the Wheeler house.

They've managed to keep on-field antics and lop-sided scoreboards out of their bedroom, for the most part, and the key to keeping it all together is understanding, said Michele Wheeler, an "anybody but Calgary" fan who has been married to a Stampeders fan for nine years.

"You've just got to be supportive when the Eskimos inevitably win," she chuckled. "Somebody goes away happy after each game and somebody doesn't."

Her husband, Stuart, a season ticket holder for 15 years, said he knew what he was getting himself into by marrying an Eskimos fan.

"We know who the best team is deep down, Calgary, so that makes it easier for sure," he said.

Noisy workers annoy residents

KRISTA SYLVESTER
krista.sylvester @metronews.ca

She was just in town visiting her daughter for a month but after only one restless night she remembered why she didn't live in a big city.

Marnie Thatcher stayed in the two-bedroom condo her daughter Melissa owns, conveniently located downtown, but soon found out there is nothing convenient about it.

"The construction is terrible. They work until midnight and start working again at six in the morning. Now I know why Mel never gets any sleep," she said, of the 1st Street SW location.

"The other night they were working at two in the morning. They weren't using powered tools but were still hooting and hollering and woke me up."

And the mother-daughter in the booming city aren't alone says bylaw boss Bill Bruce, who receives over 300 calls a year about construction noise.

"It happens a lot, yeah. And usually they are always breaking the rules. People don't have a reason to lie to us, it's just a matter of catching them doing it," Bruce told Metro.

METRO CALGARY FILE PHOTO

Daytime constructions is commonplace in Calgary, but for some in the city's core, it's late-night work that has them tossing and turning.

"It happens a lot, yeah. And usually they are always breaking the rules. People don't have a reason to lie to us, it's just a matter of catching them doing it."
Bill Bruce

Bruce said construction workers are allowed to work between 7 a.m. and 10 p.m. daily with power tools, and starting at 9 a.m. on Sunday and holidays.

"But if they aren't using power tools they can work 24 hours a day if they want," he added.

Bruce said people just need to call 3-1-1 and bylaw will investigate and if necessary levy a fine of $200 minimum for a first offence, but a lot heftier in some cases.

"Boomers fuelling property market... real estate prices across the country continue to climb..."
– *Canadian Real Estate*, March-April, 2008

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New ice ready for puck drop

KRISTA SYLVESTER
krista.sylvester @metronews.ca

ARENA The puck is about to drop on another city hockey season and soon ice-skaters will have another rink to carve into.

And with the shortage of arenas in the city the grand re-opening of Fairview arena couldn't have come at a better time.

"This arena will help the entire city and hopefully help ease some of the burden on the current arenas," Fairview Women's Hockey Arena Society (FWHAS) Leslie Ann Kalman told Metro.

FWHAS took the Fairview arena over and with the help of a $50,000 grant from the Calgary Parks, Saddledome Foundation and Flames hockey club, have completed the necessary renovations to re-open the old arena.

PHOTO COURTESY LESLIE ANN KALMAN — SAWHA

The final touch is being put on the Fairview arena after months of renovations preparing for the grand re-opening.

"This arena will help the entire city and hopefully help ease some of the burden on the current arenas."
Leslie Ann Kalman

"And we're almost finished laying the ice down. It's smooth and we even got a new zamboni, too, which is exciting" she added.

The ice surface will be completed by Friday just in time for hockey tryouts and the facility will host a grand-reopening for the public on Sept. 20. For more information please visit www.sawha.com.

letters

Get traffic cops to fight real crimes

Re: "Bid for cop cash denied" (Aug. 29) Reading the article "Bid for cop cash denied" made me laugh a little — over the last few days I have seen so many officers hiding behind lamp posts with their radar guns trying to make their August quotas. Maybe Calgary Police could use these officers to fight the gangs instead of trying to sponge cash from the province.

COLIN GRAVES

Time to fight the growth of gangs

I moved to Calgary two years ago from Windsor, Ont. and I have seen this identical gang scenario in Toronto and Detroit. It is painful to see those involved with crime are having a field day in this wonderful city. And what hurts me even more is the premier turned down the cash needed to train officers to tackle something this province has never encountered before.

Budgeting is no easy task. But priorities are also needed and I hope the premier realizes this fact before this spreads beyond our control.

MASROOR AHMED, CALGARY

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Memorial ceremony to take place
A memorial ceremony for the victims of Swissair Flight 111 will take place today in Peggy's Cove in Nova Scotia. **METRO CANADA**

Canada

PAUL DARROW/REUTERS

Mourners stand at the Swissair Flight 111 Memorial in Peggy's Cove, Nova Scotia, yesterday. Flight 111 crashed of the coast of Nova Scotia on Sept. 2, 1998, killing 229 people perished

Swissair crash anger remains

ROBYN YOUNG
Metro Canada

Anger is audible in Lyn Romano's voice as she explains that a decade after her husband was killed in the crash of Swissair Flight 111, she hasn't gotten over the pain.

"It doesn't matter, 10 years, 20 years, it's raw; it's very raw," she says in a phone interview from her Westchester, N.Y. home.

Today marks the tenth anniversary of the Sept. 2, 1998 crash of the passenger jetliner carrying 229 people from New York City to Geneva, Switzerland.

> **"It doesn't matter, 10 years, 20 years, it's raw; it's very raw."**
> Lyn Romano

The McDonnell-Douglas MD-11 slammed into the ocean off the coast of Nova Scotia — about 53 minutes into the flight — after an on board fire blazed out of control, causing a succession of system failures in the aircraft.

All 215 passengers and 14 crew members were killed on impact.

The devastating crash resulted in a number of safety improvements in the aviation industry.

But the Transportation and Safety Board of Canada — and the wife of Ray Romano, seat 19C — maintain it's not enough.

In March 2003, the Transportation and Safety Board of Canada released a final report on the investigation into the crash which listed 23 recommendations for regulators of the industry — only two of which have been adopted.

News in brief

PLANE CRASH Three people were injured, two of them critically, after their small plane crashed in a farmer's field north of Toronto early yesterday morning. Officials gave no immediate reason for the crash.

LISTERIOSIS Public health officials have raised to 12 the number of deaths involving listeriosis, the food-borne illness at the heart of a nation-wide recall of meat products.

GREEN PARTY A member of Parliament joined the Green Party on Saturday in a move that could boost the fledgling party's bid to participate in televised debates in the expected fall election. Blair Wilson, a Vancouver-area legislator now sitting as an independent will be the first Green to federal office in Canada or U.S.

METRO NEWS SERVICES

Canada heading for a fall election, says Dion

Canada looks to be heading for its third election in four years after Prime Minister Stephen Harper yesterday failed to persuade Liberal Party leader Stéphane Dion to keep his minority Conservative government alive.

Harper and Dion blamed each other after an unproductive 20-minute meeting at Harper's official residence, with both sides insisting the other wanted an election.

Asked if there was going to be an election, Dion replied: "Oh yes. We all know that ... he had decided that anyway."

Opinion polls show the most likely result of an election now would be another minority Conservative government.

Stéphane Dion.

Chief Harper spokesman Kory Teneycke said Harper would "have to deliberate over the next few days and make a decision in due course." REUTERS

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Brazil's intelligence leaders suspended amid wiretapping accusations
The Brazilian president suspended the leaders of Brazil's intelligence agency yesterday after it was accused of spying on the Supreme Court chief and members of Congress. The agency published parts of a wiretapped conversation between the Supreme Court President and a congress member this spring. REUTERS

World

Ads don't sell prescriptions

Expensive advertising of prescription drugs directly to consumers may do little to encourage sales, U.S. and Canadian researchers reported on Monday. They said that even though companies spent an estimated $3 billion in 2005 on such ads in the United States, they did not appear to result in more prescriptions. REUTERS

Storm slams Louisiana

Hurricane Gustav slammed ashore on the U.S. Gulf Coast just west of New Orleans yesterday, but rebuilt levees appeared to hold floodwaters out of the city devastated by Katrina in 2005.

Gustav weakened before hitting land with 110 mph winds, easing fears it would be another Katrina, whose floodwaters burst protective levees, swamping 80 percent of New Orleans and stranding thousands of people.

Gustav's powerful storm surge pushed tons of water into the Mississippi River, Lake Pontchartrain and New Orleans canals, putting pressure on barriers that were repaired or reconstructed after failing three years ago and prompting a tense watch for signs it would happen again.

Water flowed over flood walls and spurted through cracks in the vulnerable barrier system. Six inches of water pooled in some streets near the New Orleans Industrial Canal and officials cautioned that while the levees had not been breached, they were still in danger.

But some residents emerged from boarded up homes relieved to find only broken tree branches and toppled signs."We'll still get some nasty weather but we've dodged a big-time bullet with this one," said stockbroker Peter Labouisse, sitting on the porch of his home, which was shuttered and without power.

About 750,000 customers were without electricity.

Late last night, Gustav was downgraded to a tropical storm as it made its way inland. REUTERS

Oil reserves sought

- Louisiana Gov. Bobby Jindal called on the federal government to release emergency crude oil supplies to counteract fuel shortages due to Hurricane Gustav. "We know we are going to need this fuel by Thursday," Jindal said.

DAVE MARTIN/REUTERS

A television crew makes a report from the flood wall along the Industrial Canal in the Ninth Ward in New Orleans, La. yesterday.

Georgians protest Russia in huge nationwide rally

CONFLICT One-fifth of the population of Georgia protested yesterday against Russian military action and the Kremlin's backing for the country's separatist regions.

Protesters waved the country's red-and-white flag and linked arms in the capital city of Tbilisi.

Countrywide, more than 1 million people took part in a show of unity after Russia this month crushed a Georgian bid to retake breakaway South Ossetia from separatists.

The figure would account for more than a fifth of the Black Sea state's 4.5 million population.

"Today we can say that Georgia is not alone, because the whole world is standing beside us," President Mikheil Saakashvili told a crowd gathered in Tbilisi's Freedom Square. REUTERS

India **Waiting for relief**

RUPAK DE CHOWDHURI / REUTERS

A girl holds her sister as she waits for her misplaced parents at relief camp in Jankinagar village in the Indian state of Bihar yesterday. Monsoon floods devastated the region last week.

Palin announces teenage daughter is pregnant

POLITICS The 17-year-old unmarried daughter of Republican vice-presidential candidate Sarah Palin is pregnant, Palin said yesterday, in a statement released to combat online rumours that Palin faked her own pregnancy.

Bristol Palin, one of Alaska Gov. Palin's five children, is about five months pregnant, and has decided to keep the child and marry the father.

The Palins, in a statement released by the McCain campaign, said Bristol "came to us with news that we as parents knew would make her grow up faster than we had ever planned" and that their daughter "has our unconditional love and support."

According to the rumours, which were circulated on some liberal blogs, Palin faked a pregnancy and pretended to give birth — to her fifth child, a son named Trig who has Down syndrome — to cover up her daughter's pregnancy.

The rumours suggested Trig was actually Bristol's child, and Palin was his grandmother, REUTERS

Republican clash

- Several hundred protestors smashed storefronts and hurled bottles at police yesterday in St. Paul, Minn., where the Republican convention is taking place.

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AC/DC still shaking the charts 30 years on
Five of AC/DC's older albums returned to the Australian charts this week as fans Down Under gear up for the release of a new album.. REUTERS

Thailand deploys troops

Thai Prime Minister Samak Sundaravej declared a state of emergency in Bangkok on Tuesday and gave the army control of public order after overnight clashes between pro- and anti-government protesters.

Under the emergency powers announced on television and radio, all public gatherings in the capital will be banned and restrictions imposed on media reports that "undermined public security".

Leaders of the anti-government protest movement that has camped at the prime minister's compound for the past week behind barricades of razor wire and car tires said they would not be moving.

"There are not enough jails to put us all into," said Chamlong Srimuang, of the People's Alliance for Democracy.

KHAM / REUTERS

An anti-government demonstrator yells at government supporters near the Government House in Bangkok yesterday.

At least one man was killed and 34 hurt in clashes between demonstrators near the Government House compound this week. REUTERS

News in brief

NIGERIA An 84-year-old Nigerian Muslim preacher with 86 wives intends to marry more women despite an order from local Islamic chiefs to immediately divorce all but four of them. Nigerian newspapers reported that Mohammed Bello, who lives in Niger State in central Nigeria with his wives and at least 170 children, was ordered by local religious elders to divorce 82 of his wives by Sunday or leave the area.Bello's spokesman said none of his wives or children has ever needed to beg for money or food. REUTERS

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Oil drops $4 as weakened Gustav hits U.S. Gulf Coast
Oil plunged more than $4 yesterday as concerns that Hurricane Gustav would cause lasting damage to the U.S. oil sector eased after the storm weakened before hitting the Louisiana coast. REUTERS

Business

Gustav prompts free Internet

U.S. cellphone company T-Mobile has announced that it will offer free wireless Internet service to those in the areas most affected by Hurriance Gustav. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Canadian shoe industrialist Thomas Bata dead at 93

BATA Thomas Bata, the Czech-born industrialist who headed the global shoe empire bearing his family's name from the 1940s to the 1980s, has died in Toronto, aged 93, the CBC reported yesterday.

Bata, son of the privately owned company's founder, came to Canada to expand the family business, starting production in 1940. Later that decade, the company's headquarters were moved to Toronto when the family's Czech factories were nationalized by the communists. REUTERS

Peugeot mulls new brand

AUTO French carmaker PSA Peugeot Citroen is considering launching a new brand in Europe for its low-cost vehicles, business daily La Tribune reported yesterday.

It said the group was considering re-importing into western Europe future low-cost models made in emerging economies and was looking at a new brand to market the vehicles.

The newspaper said the group did not want to damage its Peugeot or Citroen brands and was instead considering using one of the brands it owns that is already in existence, such as Talbot. REUTERS

Sports gambling **Conspiracy**

JOHANNES EISELE/REUTERS

Canadian journalist Declan Hill poses as he presents his book The Fix: Soccer and Organized Crime during a news conference in Berlin. The book presents evidence that past matches may have been rigged, even at the highest levels of competition.

Gustav to cost insurers less?

Katrina claims set record

Hurricane Gustav, which came ashore southwest of New Orleans yesterday morning, is expected to trigger significant insurance claims but far less than record-setting Katrina did three years ago.

"This is a significant, catastrophic event, but insurers anticipate these, and Gustav will be manageable from a financial perspective," said Robert Hartwig, president of the Insurance Information Institute, an industry-funded non-profit organization in New York.

EQECAT Inc, which helps insurers model catastrophe risk, said it estimated insurance losses from Hurricane Gustav, after it made landfall, will range from $6 billion to $10 billion, primarily in Louisiana.

Damage to oil platforms and wells, as well as production outages, will range from $1 billion to $3 billion, Risk Management Solutions said. Offshore damage was not as extensive as originally anticipated, said the group, which provides risk models to insurers and other financial institutions. REUTERS

Turkey, Russia in trade squabble

POLITICS Turkey began curbing Russian imports yesterday in retaliation for delays Turkish exporters have suffered at Russian border crossings since NATO-member Turkey allowed two U.S. ships to transit the Bosphorus Strait to provide aid to Georgia. REUTERS

Reality TV stirs business spirit

AFGHANISTAN A reality TV show broadcast in Afghanistan, which is based on the popular Dragons' Den series, has encouraged Afghans to start their own enterprises, stirring entrepreneurial spirits in a country that has been ravaged by three decades of war. REUTERS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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Your children are back to school this week and while they'll be studying up on math equations, science problems and social studies, they probably won't be learning about financial responsibility — cash, credit and consumerism. Smart Cookies say it's never too early to start talking about money. Below are some of our favourite suggestions to get the conversation started about how to save, grow and spend our cash wisely.

Allowance and Spending Decisions

• Giving children an allowance is a great way to show and tell your children about the value of money. The general Smart Cookie rule is $1 per year, per week. For example, if your child is six years old, then they would receive $6 per week. When giving children allowances, it's a good idea to give them the money in denominations that encourage saving. For example, your six-year-old could be given six loonies per week to keep in three different piggy banks — one for long-term savings, one for special purchases and one for charitable giving.

SmartCookies

smartcookies.com

• Children take great pride in having their own bank account; this is also a great way to encourage good saving habits.

• Give your children room to make their own spending decisions. Have conversations before a purchase to weigh out the pros and cons, but ultimately give them room to make choices.

Teaching through Example

• When using a credit card at a restaurant, take the opportunity to teach children about how credit cards work. Dispel the myths that surround these pieces of plastic and explain to children how the card works, how to calculate the tip, and how you will pay this purchase off.

• Smart Cookies buy and follow stocks of companies that we are familiar with and whose products and services we use. If you want to take your financial lessons a bit further, pick a few companies your children like (toy companies, for example) and follow the stocks with your child.

• Encourage your child to take a part-time job. If he or she is too young, then perhaps your child could become a mini-entrepreneur and cut grass, shovel driveways or sell lemonade to make some extra spending money.

• Start a money group for your family. Money groups are incredibly helpful for younger children. During this time you can have open discussions about how they are doing with their saving and talk about their goals, what they are saving for and how you can help or offer suggestions on reaching that goal sooner.

Money Basics

• Introduce the idea of saving and spending. Try to explain and demonstrate the concept of earning interest on savings and paying interest on debt.

• Talk to your children about the differences between "wants" and "needs." After children are clear about the differences they will be able to make better spending decisions.

If you have questions for the Smart Cookies, please e-mail *smartcookies@metronews.ca.*

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

MoneyMatters

Henry Choo Chong
WILL RETURN

In brief

WEEKEND SPENDER
According to a recent survey, on average, Newfoundlanders spend the most money on their long weekends, with 38 per cent saying they spend more than a $1,000 on an excursion. METRO NEWS SERVICES

Investing

Allan Small
Allan Small looks at some bonds with good returns. Read this week's column at metronews.ca

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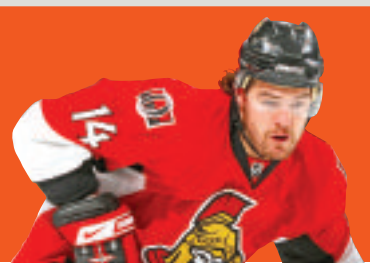
NFL

The Detroit Lions have reportedly signed free agent running back Rudi Johnson to a one-year contract. The Detroit Free Press indicated yesterday that Johnson will likely replace Tatum Bell as rookie running back Kevin Smith's backup. **METRO NEWS SERVICES**

Sports



Bolts lock up Meszaros

The Tampa Bay Lightning have signed newly acquired defenceman Andrej Meszaros, left, to a six-year contract. Meszaros was acquired from the Ottawa Senators on Friday in exchange for defencemen Filip Kuba and Alexandre Picard, as well as a first-round draft pick in 2009.
Metro News Services

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Stamps crushed in Classic

Eskimos utterly dominate while Calgary loses QB Burris

Eskimos 37 Stampeders 16

DAN TOTH
for Metro Calgary

The name on the back of his Green and Gold jersey made it look like Edmonton receiver Fred Stamps got lost en route to the locker-room yesterday at McMahon Stadium.

Yet the second-year Eskimos slotback with the ironic moniker made a name for himself in a memorable Labour Day Classic by grabbing a pair of touchdown passes as the Eskimos whipped the Calgary Stampeders 37-16.

Just as painful was the loss of Stampeders starting quarterback Henry Burris. He left the game with a foot injury early in the second quarter with Calgary trailing 9-6 and was replaced by backup Dave Dickenson, who also failed to produce. Burris' status will be re-evaluated this week.

TODD KOROL/REUTERS

Edmonton Eskimos defensive back Bradley Robinson tackles Stampeders wide receiver Ken-Yon Rambo yesterday during the Labour Day Classic at McMahon Stadium.

Eskimos quarterback Ricky Ray was sensational, shredding the Stampeders defence for 496 yards in total offence while completing 26-of-38 passes for 376 yards and three TDs.

"The way Ricky Ray came into the huddle — the poise, the calm, he made everyone else calm," said Stamps, who caught touchdown passes of 22 and 25 yards while posting 93 yards in receptions.

The Stampeders defence, meanwhile, was a dejected bunch afterward, embarrassed again by Ray's exploits in front of a sellout crowd of 35,650.

"We didn't get it done and it hurts more knowing so much was on the line with the Labour Day game," said linebacker Jo-Juan Armour, whose Stampeders travel to Edmonton Friday night for the rematch.

"We didn't produce the way we expected to … we're still in the hunt and are going to be a successful team, but we have to come and play."

Calgary also fumbled twice, leading to eight Edmonton points.

Dickenson completed four of eight passes for 75 yards while orchestrating one scoring drive, capped by a two-yard TD run by Joffrey Reynolds. It was Calgary's only touchdown.

Stampeders placekicker Sandro DeAngelis kicked field goals of 19, 25 and 27 yards.

The Eskimos are now alone in second place in the CFL West Division with a 6-3 record while the Stampeders fall to 5-4.

CFL's first half full of perplexing scenes

When the CFL season kicked off, the Toronto Argonauts were favoured by oddsmakers to win the Grey Cup championship.

Two months later, as they concluded the first half of their season last night, they weren't even favoured to beat the league's perennial dregs in Hamilton.

Well, they defied the odds. The Argos did just enough to defeat the Tiger-Cats 34-31 — Toronto's first victory in three games this season against its geographic rivals — and probably saved their head coach's job in the process.

As reported first in this space last week, Rich Stubler probably would have been fired as the Argos' coach had the Ticats been able to pull off the trifecta against Toronto.

But, despite a sloppy performance that included a botched field goal, missed tackles and the hot-dogging of a receiver (Arland Bruce) who insisted on placing his face in a Spider-Man mask after scoring a touchdown, the Argos did just enough to emerge triumphant.

And, with a 4-5 record, they're somehow in position to challenge the first-place Montreal Alouettes for Eastern Division supremacy in the second half.

But who knows? I was thoroughly perplexed with the first half. I mean, you learn to expect the unexpected in the CFL if you've covered the league for nearly 30 years, but this first half was just too much.

YorkReport

Marty York
marty.york@metronews.ca

You were psychic, for instance, if you knew the Edmonton Eskimos would register one more victory in their first nine games this season than they did all last season, when they finished out of the playoffs with a 5-12-1 record.

This team was so inept in 2007 that head coach Danny Maciocia could have written a book on how to single-handedly destroy a CFL franchise. Maciocia, though, somehow evaded the firing line and the Esks have responded with an impressive rebound. In fact, after trouncing the Stampeders in Calgary yesterday, the Esks now look very much like the team to beat in the CFL.

Edmonton quarterback Ricky Ray was the league's top player in the first half, and Edmonton receiver Kamau Peterson its top Canadian.

The Stamps. Well, I picked them to capture the Cup, but they were outplayed yesterday at home, and badly. And now? Like I said, who knows?

It's the CFL. It never ceases to surprise me.

I'm fastening my seatbelt for the second half. I suggest you do the same.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

TENNIS Top seed Rafael Nadal secured a place in the quarter-finals of the U.S. Open with a 6-2, 5-7, 7-6, 6-3 win over American Sam Querrey yesterday. On the women's side, seventh seed Venus Williams set up a quarter-final against her sister Serena after she eased past Polish ninth seed Agnieszka Radwanska 6-1, 6-3.

MLB Vijay Singh, helped by three monster birdie putts, eased to his third PGA Tour title in five weeks with a commanding five-shot victory at the Deutsche Bank Championship yesterday. Mike Weir of Bright's Grove, Ont., had to settle for second place after closing with a 71.

SOCCER English Premier League club Manchester City acquired Brazilian forward Robinho from Real Madrid yesterday. The fee believed to be a British record 32.5 million pounds ($62 million).

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Boston 7 Baltimore 4
Cleveland 5 Chicago White Sox 0
N.Y. Yankees 13 Detroit 9
Seattle at Texas
NATIONAL LEAGUE
Arizona 8 St. Louis 6
Colorado 4 San Francisco 0
Florida 4 Atlanta 3
Houston 3 Chicago Cubs 0
N.Y. Mets 4 Milwaukee 2
Washington 7 Philadelphia 4
L.A. Dodgers 5 San Diego 2
TONIGHT'S GAMES
AMERICAN LEAGUE
Baltimore at Boston, 5:05
L.A. Angels at Detroit, 5:05
Chicago W. Sox at Cleveland, 5:05
Minnesota at Toronto, 5:07
N.Y. Yankees at Tampa Bay, 5:10
Seattle at Texas, 6:05
Oakland at Kansas City, 6:10
NATIONAL LEAGUE
Atlanta at Florida, 5:10
Philadelphia at Washington, 5:10
Pittsburgh at Cincinnati, 5:10
N.Y. Mets at Milwaukee, 6:05
Houston at Chicago Cubs, 6:05
San Francisco at Colorado, 6:35
St. Louis at Arizona, 7:40
San Diego at L.A. Dodgers, 8:10

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	7	2	0	14
Edmonton	6	3	0	12
CALGARY	**5**	**4**	**0**	**10**
B.C.	4	5	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	6	3	0	12
Toronto	4	5	0	8
Hamilton	2	7	0	4
Winnipeg	2	7	0	4

WEEK 10
YESTERDAY'S RESULTS
Edmonton 37 **CALGARY** 16
Toronto 34 Hamilton 31
SUNDAY'S RESULT
Saskatchewan 19 Winnipeg 6
FRIDAY'S RESULT
Montreal 30 B.C. 25

BASEBALL

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 14.

Learning Curve

Transition time

The jump from high school to college and university

ERIC EMIN WOOD
for Metro Canada

The transition to academic mode after a comparatively relaxing summer can be a difficult one for both veteran postsecondary students and those entering university or college for the first time.

For instance, many first-year students have to deal "with just the physical aspects of moving, and that in itself can be stressful," says Dr. Cheryl Washburn, director of counselling services at the University of British Columbia. "Often this is the first time they're away from family."

Other students discover their study habits from high school don't necessarily work in university.

"Students put a lot of pressure on themselves and oftentimes end up feeling quite badly" when their grades slip, says Washburn, which can add to their difficulties.

Recognizing that such results are normal can go a long way toward helping students feel comfortable, she says.

Time management is key for every student, whether in first year or fourth, says Christine Squire, academic advisor and co-ordinator of the first-year advising program at Dalhousie University in Halifax.

"A lot of people think they know how to do it, but in reality they're just always flying by the seat of their pants," she says. Transitional difficulties don't disappear from one year to the next, says Squire, they just take on different forms. "A lot of students coming in from high school don't know why they're here; they just know that they're expected to come to university," she says.

"A lot of students coming from high school don't know why they're here; they just know that they're expected to come to university."
Christine Squire

"As students get older they know what they want to do, it's just a matter of learning how to reach that end-goal."

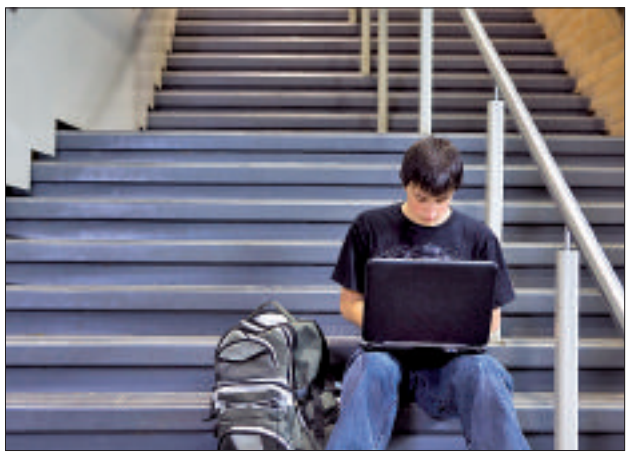
Washburn advises students to make sure they're taking care of the basics. "Things like sleep, nutrition, exercise, connecting with friends, keeping a balance in your life, oftentimes that gets compromised," she says.

She also encourages students to "seek help when they're having difficulty, as opposed to trying to bottle it up and hide it from others and deal with it on their own."

The transition from high school to post-secondary education can be more than an academic adjustment.

Squire admits it's difficult balancing school, work and a social life, which is why Dalhousie's first-year advising program offers sessions in subjects such as procrastination and time management.

"It's super important to find that balance," she says. "You can get in over your head really fast if you sacrifice too much for social time or don't make any friends if all you do is academics."



Online offerings deliver classroom to home

ALICIA FOX
for Metro Calgary

In the age of technology, online schooling is the way to go. That's what DeVry Institute of Technology has decided and has just received provincial government approval to offer all of their degrees online.

"It really gives them (the students) the flexibility to pursue a degree without having to sacrifice their income potential," said Ratish Mohan, director of admissions for DeVry.

He said the reaction to the program, started in July and now taking students for September, has been very positive.

Instead of being a traditional correspondence course, the all-online classes have multiple sections and teachers are assigned to stay in touch with the students.

Though there are exams, also online, there are no required sign-in times and students can complete the work during off-shift hours.

Another benefit Mohan sees to this development is the opportunity for threaded discussions.

"It's a step ahead of a classroom delivery where you can actually go back in time and look at a discussion from (whenever)," he said.

Since this has already been available at DeVry University in Chicago for several years, the developers have worked through the glitches to provide the Calgary school with a fully functional program.

Students from Canada had been taking these courses through the Chicago campus, but can now receive government funding for their schooling, and anyone holding a degree in anything is eligible for up to 60 credits towards a business degree program.

Mohan said this new delivery responds to a growing demand in the economy for educated business workers in Alberta.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 14.

Dealing with a bad roommate

BRIAN TOWIE
brian.towie@metronews.ca

I shared an apartment in Toronto's downtown east side with my cousin while we both attended university. I returned home from class one night to find him masticating a chicken meal that he ordered in from one of the major fast food chains (which will remain nameless in the interest of not getting sued). In a successful attempt to put me off my humble dinner of beef patties and rice, my cousin peeled off the chicken skin, wiping it all over his face before eating it.

"Yeah, it's so good," he laughed as a half-chewed gooey mix of meaty pulp, grease and saliva oozed from his mouth like snot from a nostril. My appetite devastated, I went to bed hungry that night with the bile-inducing image burned into my brain.

The next day I came home from class once again, hearing screams of anguish coming from the bathroom. My cousin was hunched over the sink, popping what looked like white-headed zits around his mouth. A doctor would later tell him the skin around his lips was unusually sensitive and had a rare allergic reaction to the chicken fat, causing his face to break out in hives. He was pain and misery incarnate, a true and righteous case of Schadenfreude if ever there was one, and I laughed my head off.

"Stop it! It's not funny," he wailed.

"Sorry, I didn't mean to rub it in your face," I replied.

Of course, most anyone who has ever shared an apartment or residence with someone while they've been going to school has at least one of these war stories, and they range from the hilarious to the horrific.

It's no easy task, sharing a living space with a stranger, and can often become worse when you divvy chores and bills with someone you know.

"You both have be on the same page," said Ruth Claramunt, president of relationship consulting service Hearts.

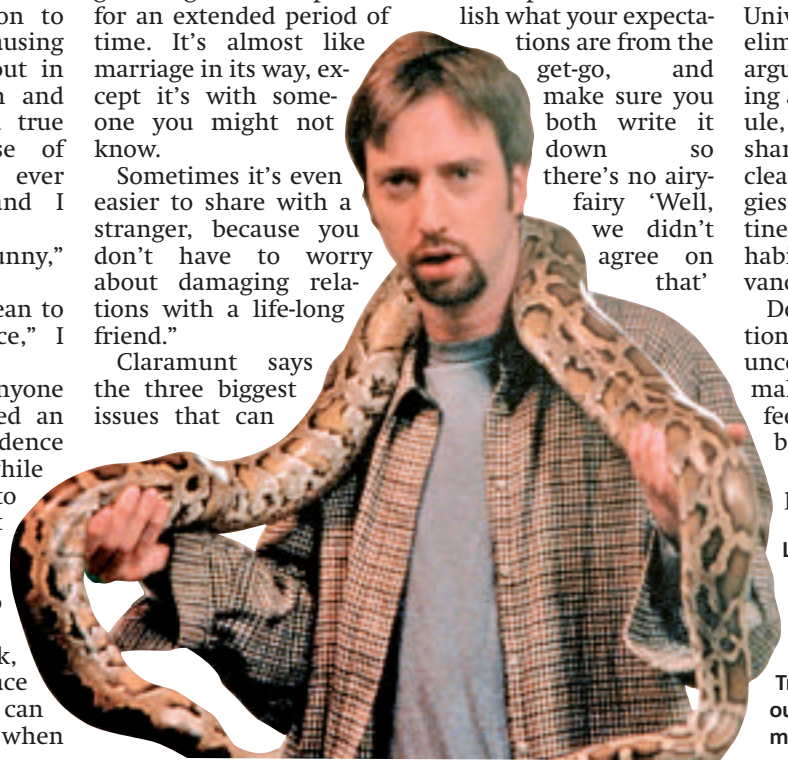
"You're going to have to get along with this person for an extended period of time. It's almost like marriage in its way, except it's with someone you might not know.

Sometimes it's even easier to share with a stranger, because you don't have to worry about damaging relations with a life-long friend."

Claramunt says the three biggest issues that can make a living arrangement go south are cleanliness, privacy and money management.

This should be solved by setting boundaries on Day One. Agree upon ground rules, and get it in writing.

"It's important to establish what your expectations are from the get-go, and make sure you both write it down so there's no airy-fairy 'Well, we didn't agree on that' stuff going on," she said. "When you've got these boundaries, it's easier to talk about what's happening, and you should be talking about it right away if it bothers you."



Living with people can give you a firsthand look at their odd behaviour, such as Tom Green's character in the movie Road Trip. Experts suggest laying out ground rules before moving in with somebody.

In its guide Social Tips For New Students, Ryerson University advises you can eliminate potential future arguments. Make a cleaning and quiet hours schedule, determine private and shared items in the house, clear the air over any allergies and discuss daily routines (such as exercising habits or religious observances).

Don't avoid a confrontational situation if you're uncomfortable, but don't make the other person feel like they've got their back to the wall.

"Be proactive and positive," adds Jason Hunter, dean of students at the University of Toronto's Victoria College.

"You're an adult and you can resolve issues like one. Sit down and talk about your lifestyles. It may not be a bad roommate situation at all: Students have more than likely grown up with their own rooms, and it can be a tough transition for some people."

Done everything you can and it's still a nightmare?

Know when to say when: If your situation at home is affecting your studies, you should bail out, which is easier said than done if you've put your name on a lease.

Check with landlord and tenant laws in your area and educate yourself on your rights and responsibilities.

Don't let a bad roommate interfere with your grades.

"Gage it this way: When it's really bothering your ability to do what you need to do in a day, it's time to move out," Claramunt said.

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MOUNT ROYAL COLLEGE

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 14.

Coping with those September stresses

The 'challenge of newness' awaits many first-year students

BRIAN TOWIE
brian.towie@metronews.ca

Sheets of paper containing your welcome letter and course requirements tremble in your sweaty hand. Your mind races with thoughts of bad grades, potential money troubles and dealing with unfriendly peers as you slowly and hesitantly approach your first class of the year. It feels like there's a boa constrictor slithering around in your stomach as you turn the doorknob, and walk into the room.

Welcome to September, one of the most stressful times of the year for those returning to school. But you can manage it, if you keep your focus on what you need to do. The keys are these: Block out the distractions, keep your eyes on the books and should you become overwhelmed, seek help.

Dr. Mark Berber, psychiatrist and professor at the University of Toronto, defines stress as the physical and psychological response to a challenge. The scenario for returning students, he notes, is "the challenge of newness."

"It's the novelty of college or university," Berber said. "This is where the anxiety primarily comes from. They've been taken out of what normal is for them and put into something very different. It's especially true for high school students — where the regime is much more organized — entering university, where the burden of success is on the student."

Berber says the first semester of any school year is the most difficult and important, often acting as a kind of sieve that weeds out the uncommitted and reveals the mettle of the dedicated student.

Now is the time to counter the stress by developing work habits that will serve you throughout the year, but pub nights and parties are everywhere, ready to rob you of valuable study time.

"Students underestimate the amount of material to digest in the first trimester, but once they fall behind it's very difficult to get catch up," he said. "They should be focusing on their academics, then integrating social events. A good way is to confine your fun to the weekend."

You've heeded the advice and the work is still too overwhelming. Fear not: More than likely your school has a number of campus counsellors on-hand to assess your situation and help you through it, along with a number of online resources they might provide. The University of Alberta, for example, has a web page on how to "get your degree without losing your mind," (http://www.ualberta.ca/dept/health/web_docs/healthinfo/stress.hm) offering relaxation techniques, and time managing improvement skills. Simon Fraser University has an online interactive "wellness wheel," where you can gage your level of stress and how to decrease it. (http://students.sfu.ca/health/healthpromotion/wheel.html)

Beyond that, experts advise that putting up and shutting up is the worse thing you can possibly do.

"Be passionate about your learning. There are no real shortcuts to your education," Berber said. "But if you're in trouble, don't bottle it in. Find a counsellor to help you deal with it."

Bow Valley delivering education innovation

ALICIA FOX
for Metro Calgary

Bow Valley College has some brand new classes that aren't new at all.

"There are now really some creative and flexible options in delivering what isn't new," said Rena Shimoni with Bow Valley College.

Last November the government began looking for a school that could come up with innovative strategies to deliver child care education to students that needed flexible schooling.

Bow Valley, along with a few partner schools, had that solution: keep the content but deliver it differently.

One solution was to divide courses into one-credit classes, meaning that students can take the classes in shorter periods of time with more flexible hours that allows them to earn an income.

"It's very possible to do that if you have good curriculum design skills," Shimoni said.

For workers that came from other countries where credentials weren't recognized, a challenge test has been developed that zeroes in on which classes they actually need, eliminating wasting students' time with classes they don't require.

English courses were also developed, focusing particularly on vocabulary used in the child care workplace.

Piloting this fall is a remote education system, which Grande Praire College initiated, where the use of cameras in day cares will be employed to monitor the students' progress, blending Internet tutorials with monitoring.

"We hope this will be one of the major solutions to ensuring that child care staff have the right education," said Shimoni, adding that Bow Valley is looking to "open the door" for more students.

Extracurriculars essential

RAF BRUSILOW
for Metro Canada

Students do need to get their homework done, but not at the expense of all their extracurricular activities, experts say.

Activities and hobbies that take place outside of school can be a fundamental part of learning and growing as an individual, whether a student is entering Grade 2 or starting his or her final year of a university degree.

Jill Cressy, an assistant program manager at the University of Toronto's Faculty of Physical Education & Health, says extracurricular activities give students energy to tackle all parts of their life. "The general overall benefits of participating in activity or wellness groups are an increase in energy, both physical and mental, or even spiritual," Cressy said. She says a little exercise can go a long way, strengthening the immune system and increasing metabolism to prevent weight gain. Even outside of physical activity, extracurricular groups can help students reduce stress.

"Teams and groups can give you a sense of fun and joy as well — it's all about managing stress," Cressy said.

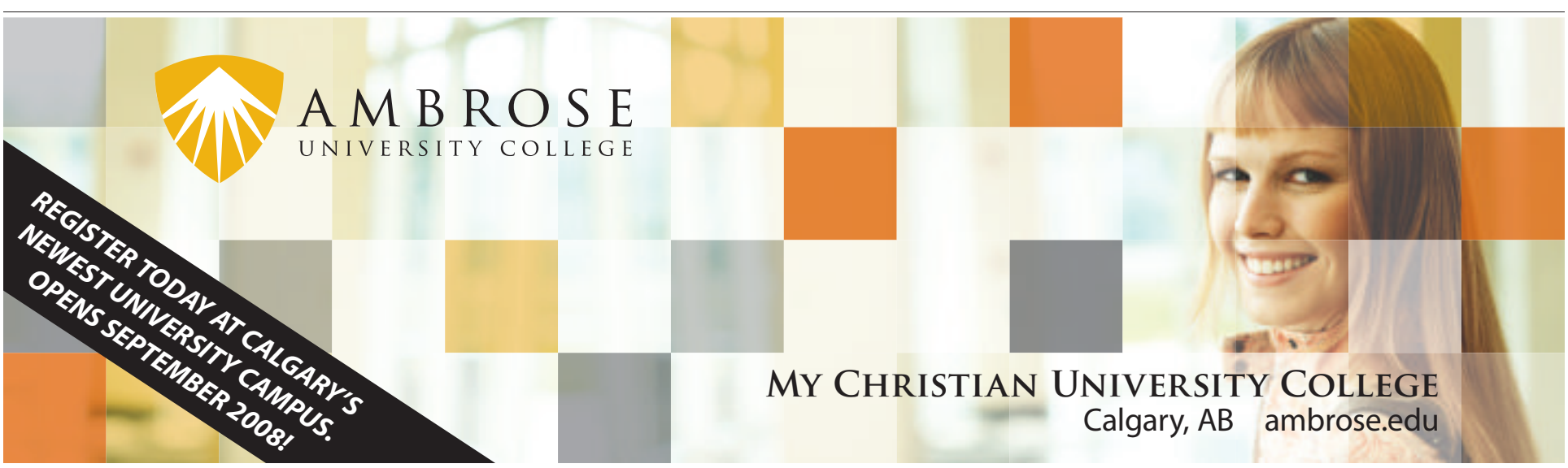
Mary Polak, British Columbia's minister of healthy living and sports, strongly promoted after-school sports programs as a key component of the educational process in a recent statement.

"Participation in sport brings many social, physical and emotional benefits that serve students well in all aspects of their lives, now and in the future. Sport fosters self confidence, teamwork, sportsmanship and school and community pride," Polak wrote.

Even outside of physical activity, extracurricular groups can help reduce stress.

Dr. Nayyar Razvi, a physician at Etobicoke General Hospital in Toronto, agrees that group activities can give students confidence and teach worthwhile lessons even while letting students have a little fun.

"You tend to be more relaxed and more focused. You also stay in shape, which prevents a whole array of complications."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Keys to organization

Learning Curve in brief

MONEY According to a recent survey by Capital One Canada, nearly 60 per cent of post-secondary students surveyed are worried about having enough money to last them through the school year. Among the survey's other results:

- 53 per cent will dip into their savings to cover everyday expenses
- 36 per cent skip meals to save money
- 24 per cent forego medication, dental visits or other medical treatment to save cash

METRO NEWS SERVICES

Canadians shopping online for variety of school supplies

SHOPPING A new survey shows the average Canadian expects to spend $881 shopping on the Internet for their back-to-school needs this season.

The survey was conducted by Visa Canada and also showed that nearly one-third of Canadians plan to buy all their back-to-school supplies on the Internet.

Alongside books, which traditionally have been the most common back-to-school items purchased online, 41 per cent of respondents said they plan to buy computers and electronics for school and 32 per cent said they were going to buy fall and winter clothing online as well.

Zack Fuerstenberg, a director at Visa Canada, says the survey shows Canadians are increasingly gravitating to the Internet for a wider variety of purchases during back-to-school season.

"Last year when we conducted similar research, half of respondents were only planning to purchase books," Fuerstenberg said.

METRO NEWS SERVICES

LEYLA EMORY
for Metro Canada

The first rule of being organized: Never talk about being organized. Write out a list.

"For university students, it's all about getting checklists before they start doing things by rote retention," says Karen Sencich, HP's organization expert. "They need to learn to prioritize and manage time without mom and dad there."

As a starting point, Sencich suggests students go to HP's online activity centre and download job schedules, class schedules and job charts. "When they print out this sort of calendar they can really see where they're over extended and where they need to build in some time for exercise and leisure."

Professional organizer Sherry Borsheim, president of the Vancouver-based Simply Productive and author of Conquer Your Chaos, takes it a step further.

"Have a calendar where you write down absolutely everything," she says. "If you have a project, write out every task and actually schedule them into your calendar. That's how you get things done. I call to-do lists 'doo-doo lists.' There's no intention or commitment. A scheduled appointment has both."

"For university students, it's all about getting checklists ... they need to learn to prioritize and manage time without mom and dad there."
Karen Sencich

The second rule of being organized: Cut out clutter. Today's tech-savvy generation has a natural advantage when it comes to saving space. Make use of it. "Being able to tame technology is going to make their life simpler," says Sencich. For the eco-friendly scholar she recommends saving desk space and paper by downloading HP's Smart Web Printing Tool.

"It's a free tool that helps when you're scrolling through websites and want to clip and save bits of information ... So when you go to print you don't get pages and pages of pop-up adds and margins that aren't aligned." It also takes care of the grueling process of collecting footnotes since clicking on the text takes you right back to the website it came from.

The third rule of being organized: Make it part of your life. So make it fun and personalized. Sencich recommends adding photos and graphics to calendars. "At university you see a lot of scrapbooks and collages. They really want to capture the moment." She recommends investing in a wireless-enabled all-in-one printer/copier/scanner that can be tucked away safely in those tiny dorm rooms.

"Each person has unique ways of doing things ... there is no cookie-cutter solution," adds Borsheim. "There's only what works for you. Finding that solution is sometimes a journey, but we find a solution."

Myths and facts

- Myth 1: Organizing is the same as being neat
- Fact: Organizing is not about how space looks, but how it functions
- Myth 2: Organizing is talent you're born with or not.
- Fact: Organizing is a learnable skill
- Myth 3: Organizing is about throwing things away
- Fact: Organizing is about identifying what's important and giving yourself access to it

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Services worth knowing about

Campus health centres can be invaluable resources

LEYLA EMORY
for Metro Canada

University health plans vary depending on the province but their health centres provide a common service: Just ensuring the health of a few thousand over-worked, sleep-deprived, malnourished, partying students with hormones on overdrive.

Needless to say, on-campus health services are the complex nerve centre of a university's well being, and worth knowing a thing or two about.

"We're the kind of service you might not need for three years, and suddenly you do," says Kevin Friese, assistant director of the University of Alberta's health centre.

> **"We're the kind of service you might not need for three years, and suddenly you do."**
> Kevin Friese

Every registered student has access to his or her school's health centre. "It's part of their tuition," says Kathryn Haworth, health promotion co-ordinator at the University of Toronto. "It would be for anything you'd see a family doctor about."

But campus health centres go beyond treating the common cold. They are specifically geared towards their student body. "The staff is focused totally on student health. They know what students go through over the course of the year and they're able to address it," says Haworth.

Similarly, each school offers programs designed to deal with their students' head-space. "The resources we offer are ... designed to address the issues most important to our student population during their stay on campus," says Friese.

In this case, it's often the students doing the teaching. "Our programs, like many other programs across the country, involve peer educators," says Friese. "Our peer educators are the people deciding which messages to get out and getting it out. They're students themselves, in touch with what's happening on campus."

It's an effective way of getting information out, says 21-year-old Ricardo Lé, now in his fourth year as a peer educator at the University of British Columbia. "I find students are more interested when they see someone their own age, in their own position, at the same stage of their university career. They take it more seriously, they listen more."

After completing 40 hours of training, peer educators at UBC deliver what are called "outreach presentations" to various groups. Aside from getting their message out — last year they gave out 20,000 condoms with promotional stickers on them — UBC's peer educators have a station where students looking for information can come to them.

Circumcision problems impair HIV prevention
African health workers need more training and better tools to circumcise men and boys safely for HIV prevention, according to a World Health Organisation (WHO) study chronicling "shocking" rates of complications. **REUTERS**

Health

"Quitting brings people back from isolation. Absolutely."
Rosemary Munro, a Toronto addiction counsellor

Sip for a cause

Fifteen cents from every canister of Tetley Inspire Summerberry herbal tea bearing the pink ribbon ($3.29), left, will be contributed to the Canadian Breast Cancer Foundation.
METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Love life up in smoke?

Cigarettes not just harmful to health: Survey

CELIA MILNE
for Metro Canada

DAVID BEEBER/REUTERS
Forty-seven per cent of singles wouldn't date a smoker, a recent survey suggests.

Not only is smoking bad for your health, it's bad for your love life.

A survey recently conducted by Lavalife and McNeil Consumer Healthcare has found that 47 per cent of singles wouldn't consider dating a smoker.

"They don't want to kiss someone with the smell of cigarettes," suggests Rosemary Munro, an addiction counsellor in Toronto, Ont.

There are many diseases linked to smoking — cancer, heart disease, stroke, emphysema, impotence, and mouth diseases. Yet for some young people, those health problems may seem too far in the future to be a threat. Perhaps a more immediate risk — loneliness on Friday night — will spur some to quit.

"They may be more apt to consider stopping for that reason than health," says Munro.

The survey asked 6,313 singles if they were likely to date someone who smokes. Single women, in particular (51 per cent) said they wouldn't want to hook up with a smoker. A slightly lower number of men (43 per cent) found smoking too much of an "ick" factor.

Smokers who are already part of a couple shouldn't assume their smoking is acceptable to their partner. They may be getting "the talk" sometime soon from their grossed-out significant other. The survey interviewed 4,694 people who are already dating a smoker. A whopping 81 per cent of them said they are likely to ask their partner to quit smoking (58 per cent of them said there are "very likely" to ask). Lavalife is an online dating service. McNeil Consumer Healthcare owns and markets Nicorette gum and lozenges and the Nicoderm patch.

Unlike several decades ago, thanks to public health messages about its dangers, smoking finally has a bad rap socially.

"Smokers are really ostracized now," says Munro. "Smoking is a way of isolating oneself. They have to go outside to smoke. They shut themselves away."

Munro helps people overcome addictions such as smoking, many of which serve to insulate people from friends and family. "Quitting brings people back from isolation. Absolutely," she says.

Quitting tips

- Spend time psychologically preparing.
- Don't try to quit suddenly.
- Exercise regularly
- Cut down on cravings, especially in the first six weeks, by using some form of nicotine replacement

CELIA MILNE/ FOR METRO CANADA

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Gaining a firm grip on unreality

HineSight
Anne Hines

This week, my 18-year-old daughter, Becky, leaves for summer camp. It's a very nice camp. Instead of tents, they have "dormitories." And their first evening campfire activity is called a "keg party."

Some of you may be thinking, "Hmm … it sounds as if Becky is going to university." If my daughter were going to university, this would mean that a) I am old, b) she's leaving me and c) I am old. She's going to camp.

It's just possible that I'm in denial. Denial is the fine art of being able to look reality full in the face and say, "No, no, I don't see anything at all."

Denial gets us through Canadian winters by saying, "Well, it can't last forever," when anyone who was in Calgary this past June knows that it absolutely can. Denial allows my sister, Kathryn, to say, "Vodka is made from potatoes. This martini is my vegetables for the day."

A simple test to know if you're in denial is to ask:

1) Am I happy?

2) Does the world seem a lovely and supportive place?

3) Do I still believe, at 2 a.m., that the piece of Ikea furniture will go together and side A will stand up in slot B, in spite of everything I've ever heard about gravity?

If your answer to any of these questions was, "yes" or "I think Brad Pitt's waiting until I express interest to leave Angie," chances are, you're in denial.

Denial allows my sister … to say, "Vodka is made from potatoes. This martini is my vegetables for the day."

Some people would say that the way to cope with my daughter leaving is to talk it over with a therapist. If you ask me, the worst time to visit a therapist is when you're having problems. The first thing they want to do is drag out everything that's upsetting you in the first place.

What we need are denial therapists: trained professionals who encourage us to get a good firm grip on unreality. Something like this:

You: I'm having a problem with my mother.

Denial Therapist: Forget about it. Have a chocolate chip cookie.

You: I don't know where my life is going.

D.T.: Try cleaning out your closet. Maybe it will go away.

So, Becky is going to camp. I am not old. The Leafs will win the Stanley cup.

And it's not going to snow until December. No, February. Maybe never. I'm in denial. And life is good.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Reubens denies CSI rumour
Actor Paul Reubens has denied reports he will make a return to TV opposite Laurence Fishburne in the hit U.S. show CSI: Crime Scene Investigation. IMDB.COM

Entertainment

Casting Crowe

Russell Crowe is set to play Sherlock Holmes' sidekick Dr Watson in Guy Ritchie's new film. He will star opposite Robert Downey Jr. as the fictional sleuth's confidante. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Not worth cost of Diesel

Sci-fi movie Babylon A.D. trashed by its own director

STEVE GOW
for Metro Canada

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Director: Mathieu Kassovitz
Stars: Vin Diesel, Michelle Yeoh
Classification: 14A
Rating: ½

Actor Vin Diesel makes Stephen Dorff look like Benicio del Toro in the new movie Babylon A.D.

REVIEW Set in a dystopian future, Babylon A.D. stars Vin Diesel as Tooroop, a mercenary who, after sitting down to a nice furry-animal stir-fry, is kidnapped and bribed to escort a young woman (who's either the new Messiah or infected with a deadly virus — we ain't sure) from Russia to America.

Partnered with her chaperone (Michelle Yeoh), the trio hitches a ride on an old submarine, elude cultists and even outrun supersonic jets on ski-doos.

Awkward as that sounds, this film once held a lot of promise. The story carries similar themes of such post-apocalyptic fare as Children of Men and Blade Runner; the film looks impressively-designed and it was co-written and directed by Mathieu Kassovitz who made the stunning 1995 film La Haine (see it if you haven't). So, why then, is it such a mess?

Firstly, although Diesel has never been known for his subtlety, in this, he makes Stephen Dorff look like Benicio del Toro. Still, I could've gotten by that if all the action sequences — which are the bait of a movie like this — didn't look like they were filmed by an epileptic orangutan.

According to Kassovitz (who trashed the movie himself), the studio interfered with the production and even had the film chopped down to 90 minutes. He's described it as violent, stupid and said it looked like a "bad episode of 24." Trust me — take his word for it.

Box office

Estimated weekend ticket sales at U.S. and Canadian theatres:

1. **Tropic Thunder:** $14.3 million US
2. **Babylon A.D. :** $12 million
3. **The Dark Knight:** $11 million
4. **The House Bunny:** $10.2 million
5. **Traitor:** $10 million
6. **Death Race:** $8.2 million
7. **Disaster Movie:** $6.9 million
8. **Mamma Mia!:** $5.8 million
9. **Pineapple Express:** $4.5 million
10. **Vicky Cristina Barcelona:** $3.5 million

REUTERS

DVD picks

Married Life

Director: Ira Sachs
Rating: PG

MURDER and adultery are by definition passionate things, steeped as they are in hot-blooded emotion. Yet, darned if Married Life doesn't find a way to drain the fervour out of both.

Writer/director Ira Sachs manages even greater sorcery. He turns four good actors into wooden puppets. Set in 1949 New York, Cooper is Harry, a businessman who desperately wants to leave his wife, Pat (Patricia Clarkson), because she is interested in sex, not true affection. He plots her murder to spare her the pain of divorce.

Harry is in love with the much younger Kay (McAdams), a blond tootsie who has seen a Jean Harlow movie or three. Pierce Brosnan is Harry's pal Richard, whose loyalty is tested when Kay bats her eyebrows in his direction.

It's strange how a movie with this many different things happening could be so dull. The pacing is positively funereal.

The DVD extras offer some intrigue the movie is missing. Besides Sachs' commentary track, there are no fewer than three alternate endings, which makes Married Life a bit like playing Clue — which, come to think of it, is just like real matrimony. TORSTAR NEWS SERVICE

MoreOnline
metronews.ca

In brief

MUSIC Rapper T.I. has set a new record for the biggest leap to the top of Billboard's Hot 100 singles chart. His new tune, Whatever You Like, soared 70 places to No. 1 in its third week on the list.

MUSIC Organizers of a Paris music festival are threatening legal action against Amy Winehouse after the singer pulled out of the Friday event at the last minute, imdb.com reports. METRO NEWS SERVICES

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Reyes taking off Scrubs
Scrubs star Judy Reyes is planning to leave the show at the end of its upcoming eighth year. IMDB.COM

Law calls for peace

Militants, foreign forces and the government in Afghanistan should give up their arms for one day as the first step towards peace, Hollywood superstar Jude Law said yesterday.

The twice Oscar-nominated actor went to Afghanistan to promote a new documentary for the Peace One Day organization, which campaigns for an annual global ceasefire on Sept. 21, the United Nations International Day of Peace.

"Please mark the day. The need now is greater than ever before," Law told a news conference in Kabul.

Violence in Afghanistan has surged with more than 2,500 people, including 1,000 civilians, killed in the conflict in the first six months of this year, according to aid agencies.

Law visited Afghanistan in 2007 to film the documentary, charting the 10-year journey made by award-winning filmmaker, Jeremy Gilley, to establish a world day of peace.

The film, called The Day After Peace, also features Hollywood celebrity and rights activist Angelina Jolie. It premiered at the Cannes Film Festival in May. REUTERS

GETTY IMAGES

Actor Jude Law

Lennon film to focus on youth

MOVIES The story of John Lennon is headed for the big screen with Nowhere Boy, which will focus on the former Beatle's troubled adolescence.

Screenwriter Matt Greenhalgh's script details the story of Lennon as a lonely teenager abandoned by his mother and raised by his authoritarian aunt. His only escape is music, art and his fateful friendship with Paul McCartney. The film will be directed by visual artist Sam Taylor-Wood, who will shoot on location in Lennon's hometown of Liverpool.

"The women in John's early life truly shaped who he became," Taylor-Wood said, "and the strengths and weaknesses of their relationships are central to this film."

Casting for the major roles "is under way," said producer Ecosse Films, which is developing the project with the U.K. Film Council. REUTERS

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Aniston heading for 30 Rock
Jennifer Aniston will guest star on an episode of 30 Rock this season, her publicist said. It will be the actress's first appearance on an NBC sitcom since Friends went off the air in 2004. **PEOPLE.COM**

Former Bachelor to unite couple

Pappas

TV Bachelorette DeAnna Pappas and her fiancé, Jesse Csincsak, are getting married next year — and in a twist befitting their reality-TV romance, former Bachelor Andy Baldwin will perform the ceremony, intouchweekly.com reports. "Andy is a certified minister," an insider explains.

Coldplay announce new EP, album

Martin

MUSIC Coldplay has announced plans to release a new EP and album, BBC News Online reports. Front man Chris Martin said the band is planning two further releases including the full-length follow up to Viva La Vida, by the end of 2009. Coldplay is now offering a free new song, Death Will Never Conquer, on its website. **METRO NEWS SERVICES**

British law as television

Show focusing on the history of English law a treat this fall season

IntelleVision

rick.mcginnis@metronews.ca

"Self-denigrating myths to the contrary, (Canada doesn't) lack the history, and we certainly don't suffer from a shortage of experts."

DOWN BY LAW: The fall TV season is lumbering off the blocks, with dozens of new shows premiering in the weeks to come, alongside returning series. Keeping up will be hard, and I'll try to preview some of the more interesting shows coming out, but the truth is that the most interesting shows are on cable and specialty channels — a state of affairs that's become more and more undeniable with every year I've written about television.

While he's probably most famous for playing Baldrick on the British comedy series Blackadder, documentary TV buffs will recognize the puckish Tony Robinson from his role as host of Time Team, the archaeology series that's been in production for almost fifteen years in the UK, and various spin-off shows such as The Worst Jobs In History and as narrator on the reality/documentary series Airline. He's the host of a new show, Tony's Law, premiering tonight on History Television, an intriguing four-part series that looks at the evolution of the British laws that should be of interest to Canadians inasmuch as they form the basis for our own legal system.

Robinson provides the same droll, digressive persona that gave Worst Jobs its tone, with a tad more gravitas in keeping with the subject at hand, though Robinson is fond of dressing up in bits of period costume and reciting speeches on London street corners. At least one episode, though, is startlingly topical, given the spectre of terrorism and debates going on in this country right now, and Robinson traces the evolution of free speech, a pillar of enlightened civil society, back to Sir Thomas More and the tyranny of Henry VIII, through the Gunpowder Plot and the beheading of Charles I and the Glorious Revolution.

Robinson drolly points out that it would be 300 years between Charles' trial and execution and the next time that a British royal would be taken to court — a 2002 trial where Princess Anne paid £1000 after one of her dogs bit two children at Windsor. English history, it's hard not to note with envy, is full to bursting with great stories.

It's also hard to believe that Canada has been largely unable to produce cheap, cheerful, informative shows like Tony's Law in quantity for the CBC and our variety of cable, specialty and educational channels. Self-denigrating myths to the contrary, we don't lack the history, and we certainly don't suffer from a shortage of experts. With the exception of Jeff "I Am Canadian" Douglas, though, it's hard to name any actor, journalist or public figure eager to moonlight as the public face of such a show, which might be the problem.

The biggest culprit, however, might be a failure of will, as our biggest public broadcaster seems altogether too eager to compete against better-funded commercial networks, and the specialty channels content themselves with importing product. Contemplating this sorry situation wildly exceeds the space available in this column, however, and while I'm not saying "there ought to be a law," my enjoyment of shows such as Tony's Law is always conditioned by the knowledge that even informed Canadians will always know more about other countries, trapped as we are between pointless ambition on one hand and brute convenience on the other.

Tony Robinson is best known as Baldrick on the British comedy series Blackadder.

Rick McGinnis writes about music, movies, books and television, but not opera.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/2/08 primetime	267	351	- ACCESS	Law & Order: Criminal Intent		Alone in Chinatown		Ext. Evidence	I, Detective	Wanna Bet? (N)		Help TV
	243	317	3 CFCN	eTalk	Hollywood	Canadian Idol	The Hills	Without a Trace		Law & Order: SVU		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Republican Convention		Wipeout		(10:02) Wanna Bet?		Entertainment
	245	306	6 CBRT	Coronation St.	Laughs	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 "We're Not in Kansas Anymore; The Jet Set" (N)				Big Brother 10 (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		*Rain Man* ★★★★ (1988, Comedy-Drama) Dustin Hoffman, Tom Cruise, Valeria Golino.						Your City
	119	705	9 CBXFT	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Republican Convention		NCIS "Judgment Day"		Big Brother 10 (N)		Paid Program
	-	374	14 KSPS	(6) Republican National Convention (HDTV) (Live)				Nova (DVS)		Wild!		Hanford
	502	390	15 CBC	CBC News: The National		Prince of Pot-US vs Emery		CBC News: The National		CBC News: The National		Prince of Pot
	-	370	16 KHQ	News (N)	Raymond	Republican Convention		America's Got Talent				Jeopardy!
	-	373	22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	House "House's Head; Wilson's Heart" (HDTV PA)				News (N)
	297	652	37 WPIX	(6) 90210 (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
news	500	500	29 CNN	(4) Republican National Convention Coverage of the Republican National Convention.						Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	U.S. Open Tennis: Men's Fourth Rd./Wm. Quarters.				SportsCentre		Boxing: Labarda vs. Molitor		
	408	418	27 net	MLB Baseball		Sportsnet Connected (Live)		Week-Baseball	Air Racing Mid	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	Poker: Canadian Open		Score Tonight		Final Score	Final Score	Final Score	Final Score	Sports Rage
	411	457	44 OLN	Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		Sixteen	Total Drama	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT30 "Craven 2008"		Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	'70s Show	E! News	Real Housewives of OC		Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		160 Lb. Tumor (HDTV)		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	615	520	26 A&E	The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap "Jackie and Becky"		About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	House
	601	562	33 SLICE	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect
	-	633	34 ENC2	*Bad Money*	(7:25) *MVP2: Most Vertical Primate* (2002)			*The Blues Brothers* ★★★ (1980, Musical Comedy)				*Blue Bros.2000*
	520	505	35 DISC	Smash Lab		After the Catch "Brothers" (N)		Daily Planet		Smash Lab		After the Catch
	620	523	36 BRAVO	*A Mighty Wind*	Bravonews	Live at the Rehearsal Hall		Law & Order "Ritual"		Without a Trace "911"		Rehearsal Hall
	294	650	40 WPCH	(6) *Above the Rim* (1994)		Frasier	Frasier	Seinfeld	Cheers	*Above the Rim* ★★ (1994, Drama), Leon		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedy Inc.
	-	539	42 TCM	(6) *Terms of Endearment*		(8:15) *Irma La Douce* ★★★ (1963, Comedy) Shirley MacLaine.					(10:45) *The Apartment*	
	628	584	43 SPIKE	*Star Wars IV: A New Hope* ★★★★ (1977, Science Fiction) Mark Hamill, Carrie Fisher.						CSI: Crime Scene Invstgtn.		Trek: Voyager
	522	516	45 HIST	The Worst Jobs in History		NCIS "Shalom"		The Worst Jobs in History		Tony's Law British law.		NCIS
	627	528	46 SPACE	*Trekkies 2* ★★ (2004, Documentary)				Stargate SG-1 (DVS)		Star Trek: Voyager		Star Trek: Ent.
	-	-	47 AMC	(6) *Magnum Force* ★★ (1973, Action)				*Magnum Force* ★★ (1973, Action) Clint Eastwood, Hal Holbrook, David Soul.				*Road House*
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	Missing Link		Mysterious Ways		Judging Amy		Killer Next Door		Missing Link
	269	350	93 APTN	First Talk	News	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	Songcatchers
	-	-	94 MCP	(6:30) News	News	The Land	Daughters-Law	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Listed		Rock the Cradle		Party of Five		MuchMoreMusicBio		Party of Five
	570	580	101 MM	disBand	Technical Diff.	Video on Trial	Video on Trial	Greek		Pimp My Ride	disBand	Technical Diff.
	581	566	102 MTV	Making the Band 4 (N)		From G's to Gents (N)		MTV Live	After	Making the Band 4		G's to Gents

critics' corner

A Mighty Wind
Writer-director Christopher Guest applies the humorous approach that was successful for him in "Best in Show" and "Waiting for Guffman" to this equally sly 2003 comedy about the folk-music world. A promoter's death unites three of the groups he represented, but not all of the members are eager to take part in a tribute concert. Guest stars include ex-"Spinal Tap"-mates Michael McKean and Harry Shearer, as well as Parker Posey. 6 PM on BRAVO

NCIS
Someone on the NCIS team didn't survive the fifth-season finale. But the surviving members aren't going to let the killer get away, even if it means putting their own lives in jeopardy — and, of course, it does. Mark Harmon, Michael Weatherly, David McCallum and Pauley Perrette star in "Judgment Day." 9 PM on KREM

Star photog snaps back at debt talk

Celebrity photographer Annie Leibovitz, who came under fire for singer-actress Miley Cyrus' provocative Vanity Fair shoot in May, has denied claims she is more than $715,000 US in debt. METRO NEWS SERVICES

Celebrity Buzz

Lindsay after Olympic star

PEOPLE Lindsay Lohan has reportedly been pleading with Olympic swimmer Michael Phelps for a date, imdb.com reports.

The actress is said to have bombarded the U.S. gold-medal winner with calls and text messages asking him to take her out.

His cool response hasn't put her off, because the more he ignores her, the harder she tries.

"At first he thought it was a joke when she got in touch. But she's since been phoning and texting constantly," a source tells Britain's Daily Mirror. "It's become a running joke in his camp. Lindsay has been trying to meet up with him. They're both going to the MTV Video Music Awards next month so they'll be sure to see each other properly then. Phelps is certainly flattered by all the attention but it's not clear how seriously he's taking it all."

According to People magazine, however, Phelps is enjoying single life.

"I don't feel any different," he says, 14 Olympic medals later. "I'm just having fun with this."

Rumours had Phelps dating Nicole Johnson, a former Miss California USA runner-up.

"I never said I have a girlfriend, and I never said I don't have a girlfriend," Phelps tells People. "My public and private life are separate. I keep my private life to myself."

Johnson tells reporters she and Phelps are "good friends."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

David opens up about sex

PEOPLE David Duchovny has never been one to shy away from the topic of sex in interviews over the years, People.com reports.

But the actor, who has now entered a rehabilitation centre for sex addiction, was always quick to add that his marriage to actress Téa Leoni was a pretty good reason to keep his libido in check.

"Twelve years ago, I would have been hard-pressed to understand why I'd want to be involved sexually with one person this long," the X Files and Californication actor told Best Life magazine earlier this year.

"Before Téa, the longest my intense sexual interest would last would be maybe two years," he said. "But the real rewards of a relationship come after you've been together a while. That's where Téa and I are lucky."

METRO NEWS SERVICES

celebrity brief

Beau didn't buy Naomi house

COUPLES Supermodel Naomi Campbell has denied reports she accepted an expensive gift from boyfriend Vladimir Doronin — a new home in Brazil, imdb.com reports.

The catwalk star also insisted she doesn't allow men to buy her presents.

"If I want to buy a house, I'll buy my own," she says. "I don't need a man for that."

METRO NEWS SERVICES

celebrity brief

Too busy for baby: Victoria

PEOPLE Victoria Beckham has laughed off reports that she is eager for a fourth child, because she is far too busy looking after her three sons, imdb.com reports.

The singer has spoken about her desire for a new baby in the past, but insists now is not the right time to add to her brood with soccer ace husband David.

"I can't even think about having another baby right now. The boys take up so much of my time," she says.

METRO NEWS SERVICES

James ties the knot

COUPLES James Gandolfini and fiancée Deborah Lin tied the knot Saturday in her hometown of Honolulu, Hawaii, People.com reports.

"There was a nice big kiss at the end with both hands on the cheeks" as The Sopranos star and Lin officially became husband and wife, the guest tells People. "They looked great."

As a group of their closest friends and family looked on, Gandolfini, 46, and Lin, a former model, 40, exchanged their vows in an intimate ceremony surrounded by white lilies and rhododendrons adorning every pew held at Central Union Church.

METRO NEWS SERVICES

Ashlee responds to weighty story

PEOPLE Pregnant singer Ashlee Simpson has hit out at reports she is desperate to lose her baby weight, female-first.co.uk reports.

In a posting on her MySpace blog, Simpson writes: "My doctor says I am right on target with my weight gain .... My weight and my pant size are the absolute last thing I am concerned about. I am only concerned with having a healthy pregnancy and a healthy baby."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So actor **David Duchovny** is in a rehab centre for sex addiction. In other news, the television series Californication, in which he plays a writer struggling with his compulsive desire to bed women, is just about to debut its second season. Coincidence?

Remember when actors simply did the talk-show circuit to hype their projects? Now, it appears that some public relations genius heard about the method acting technique and decided to apply it, in reverse, to publicize shows.

My spidey senses first tingled when wealthy manchild actor **Owen Wilson** allegedly attempted suicide just prior to the release of The Darjeeling Limited, in which he played a wealthy but suicidally-depressed manchild. I maintain the only thing Wilson attempted was publicity. But let's face it, the ploy wouldn't work unless the reality-TV genre, part of the ongoing dumbing-down of society at large, hadn't successfully eroded the ability of the general public to realize IT'S ONLY MAKE BELIEVE!

The debate rages. Is this just a cynical ploy to get people talking about Californication, or has Duchovny really got a problem? Only his wife, actress **Téa Leoni**, and perhaps a couple hundred groupies know for sure.

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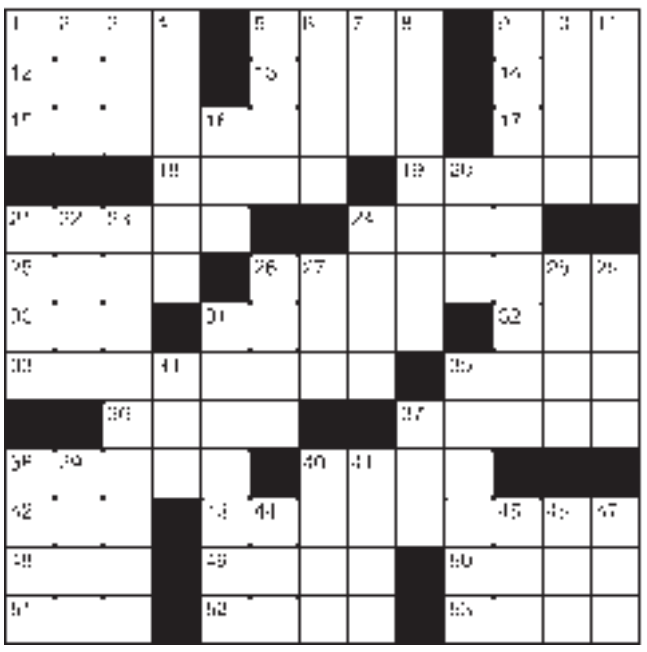
This bloke is broke
Guy Ritchie has branded rumours he and wife Madonna are set to renew their wedding vows as "rubbish," because he spent too much money on her 50th birthday celebrations on Aug. 16. IMDB.COM

Take Five



Crossword down

1 Plagiarize
2 Tackle the slopes
3 — rose
4 Pirate-costume feature
5 Small barrels
6 In good order
7 Shade source
8 Shoelaces go through them
9 City of India
10 Notion
11 Cereal container
16 "Days of — Lives"
20 Ostrich's cousin
21 Raced
22 Lotion additive
23 One-story houses
24 Highway division
26 Actress Ward
27 Chum
28 Tennis situation
29 Membership
31 Late-spring beetle
34 Response (Abbr.)
35 Battery terminals
37 See 41-Down
38 Basketball team
39 Tiny particle
40 "Bus Stop" playwright
41 With 37-Down, way back when
44 Raw rock
45 Regret
46 Samovar
47 Witticism

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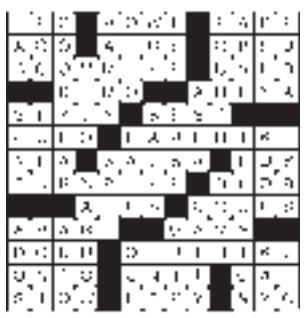
Crossword across

1 Answer an invite
5 Dandling locale
9 Clothing protector
12 Tom Joad, e.g.
13 Slithery
14 Big fuss
15 Its participants must form a line
17 Fresh
18 A deadly sin
19 Within the rules
21 Cavalry sword
24 Golf legend Tony
25 Advertise
26 Burger flippers
30 A billion years
31 Casual pants
32 Keatsian poem
33 Paris airport, familiarly
35 Met melody
36 King of Siam's employee
37 Concerning
38 Untrue
40 Othello's foe
42 Judge Lance
43 It was beat by beatniks
48 Solemn promise
49 Incite
50 Modern-day money
51 Type squares
52 The Bee —
53 Faxed

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
People are using you as a resource person. Speak up if you're unfairly accused of malicious intent. A different financial cycle begins.

TAURUS
APRIL 21-MAY 21
Thrills abound when somebody shares long-withheld information. Find a way to take an afternoon nap. Accusations of laziness will get around.

GEMINI
MAY 22-JUNE 21
Don't alienate everyone you know. There's an abundance of energy in the air. Anxiety melts away after noon, so don't let it ruin your morning.

CANCER
JUNE 22-JULY 22
An apparent desertion is really an attempt to be kind. Spending time on an emotional seesaw tires you. Idle chatter produces feelings of goodwill.

LEO
JULY 23-AUG 23
A friend settles one debt by initiating another. Someone calls to give a compliment. Parental units are craving a visit.

VIRGO
AUG 24-SEPT 22
An attractive person's sweet smile creates a jolly ambiance. Someone must be told the terrible truth. Take a walk on the wild side.

LIBRA
SEPT 23-OCT 23
There's lots of moving and shaking going on. You've grown tired of a nonsensical situation. The tide will turn for the better this evening.

SCORPIO
OCT 24- NOV 22
Take special care while travelling. Personal objects are not where they should be. Sharing a secret about your dreams gets you nowhere.

SAGITTARIUS
NOV 23- DEC 21
Your social status will rise. Ask for crucial decisions to be made by others. You'll remember what you need once you get somewhere.

CAPRICORN
DEC 22-JAN 20
A man is in a much better mood and will listen to you. Don't trust machinery to work properly. Watch your language and avoid temper tantrums.

AQUARIUS
JAN 21-FEB 18
A win-win situation develops. Plan to get a complete personal makeover. Take a walk to refresh your powers of observation.

PISCES
FEB 19-MAR 20
Shun those who offer unconvincing arguments for bad conduct. Keep your eyes peeled for good stuff. Purchase new bedding and a winter coat.

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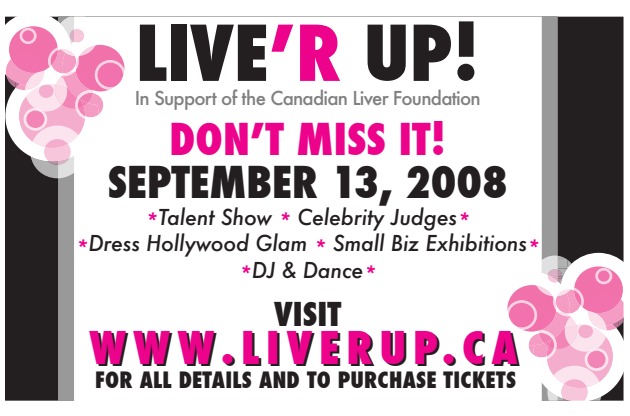

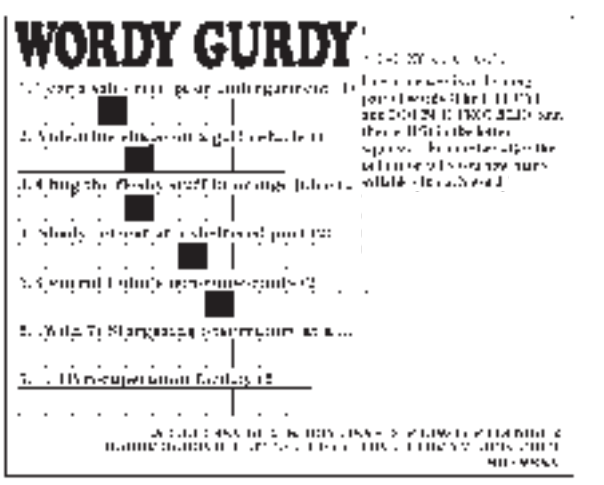

Sudoku

3					6	5	7	
	5			1		4	2	
6			7					9
				2			9	7
		4				1		
7	2			8				
4					5			3
	7	3		6			4	
	8	9	2					1

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

9	8	1	3	6	4	2	5	7
4	6	5	2	1	7	8	9	3
3	2	7	8	9	5	1	6	4
5	7	8	6	2	3	9	4	1
1	3	2	4	7	9	5	8	6
6	9	4	5	8	1	3	7	2
8	5	3	7	4	2	6	1	9
7	1	6	9	3	8	4	2	5
2	4	9	1	5	6	7	3	8

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

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Calgary weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Partly cloudy. 17°	Cloudy. Low 7°	60% Rain. 12°/ 3°	Variable. 12°/ 1°	Sunny. 16°/ 4°

Temperature
Normals
High: 20.5°
Low: 5.4°

Records
High: 32.5°/1998
Low: -1.1°/1943

Sunrise: 6:51 a.m.
Sunset: 8:18 p.m.
Moonrise: 10:30 a.m.
Moonset: 8:52 p.m.

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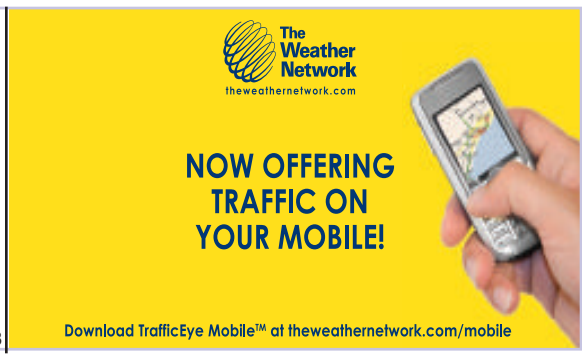

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715 - 5005 Dalhousie Dr. NW
207 14th St. NW

NORTHEAST

Country Hills Town Centre
Spectrum Shopping Centre
1353 32nd Ave. NE
2420 42nd Ave. NE
19 - 2520 23rd St. NE
2000 McKnight Blvd. NE

SOUTHWEST

Energy Plaza
6039 Centre St. S
264 - 6100 MacLeod Trail S
245 - 225 7th Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33rd Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

SOUTHEAST

856 - 33 Heritage Meadows Way SE
1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
255 28th St. SE
10836 24th St. SE
109S - 8500 MacLeod Trail SE
4949 Barlow Trail SE

Airdrie

2145 Summerfield Blvd.

Cochrane

4 - 201 Grand Blvd.
15 - 312 5th Ave. W

Okotoks

181 - 31 Southridge Dr.
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